

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Healthy Eating Practices Score<sup>1</sup> Among California Children  
(Diary Sample)**

	Average California Daily Food Guide Healthy Eating Practices Score
<b>Total</b>	<b>2.3</b>
<b>Gender</b>	
Males	2.3
Females	2.3
<b>Ethnicity</b>	
White	2.2
African American	2.5
Latino	2.4
Asian/Other	2.1
<b>Income</b>	
≤\$19,999	2.3 <sup>ab</sup>
\$20,000 - \$49,999	2.5 <sup>b</sup>
≥\$50,000	2.2 <sup>a</sup>
<b>Federal Poverty Level</b>	
≤ 185%	2.4
> 185%	2.3
<b>Food Stamps</b>	
Yes	2.6
No	2.3
<b>Overweight Status</b>	
Not at Risk	2.2
At Risk/Overweight	2.4
<b>Physical Activity</b>	
≥60 minutes	2.3
<60 minutes	2.3
<b>School Breakfast</b>	
Yes	2.5
No	2.3
<b>School Lunch</b>	
Yes	2.3
No	2.3
<b>Nutrition Lesson</b>	
Yes	2.3
No	2.3
<b>Exercise Lesson</b>	
Yes	2.3
No	2.2

<sup>1</sup> The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; and any beans. The maximum number of points was six.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05